

THE WORKSHOP OF THE FEELINGS



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TWO SUMMONS:
FROM APRIL TO JUNE AND
FROM JULY TO SEPTEMBER

ONE HOUR AND A HALF A
WEEK

As it happens with every learning process, emotions will determine our way of facing life. Emotion, thought and action are three elements which are related, present in everything we do within our daily life. Childhood is the best moment to learn, and dealing with emotions is a fundamental learning process and which, we can say, is the basis for the rest; as everything we do is soaked in emotion.

Emotions, those big determinants of our behaviour, can influence our life in many ways. Their manifestation can make us either socially integrated or socially excluded people; it all depends on how we manage them.

Emotional intelligence is a skill that should be developed in order to get your children ready for life. We should provide them with resources to face both inner conflicts and conflicts with others.

Goals:

- To acquire a better knowledge of their own emotions and the emotions of other people.
- To develop the skill of controlling their own emotions,
- To prevent the harmful effects of negative emotions.
- To deal with negative emotions.
- To develop the skill of creating positive emotions.
- To develop the skill of self motivating.

Methodology:

The sessions will be one hour and the methodology is based on the importance of learning while enjoying. This workshop is based on developing emotional skills through emotional coaching.

Each session will be dedicated to one emotion which will be worked through activities related to arts developing their spontaneity. In order to develop their linguistic skills they will learn how to express their emotions in English.

- Session 1: Anger
- Session 3: Fear
- Session 4: Happiness
- Session 5: Sadness
- Session 6: Self – esteem
- Session 7: Shyness
- Session 8: Empathy and generosity
- Session 9: Team work
- Session 10: Jealousy
- Session 11: Envy
- Session 12: Lying

Requirements: Comfortable clothing

Ages: Nursery and Primary School children

